

Fashion Fundamentals

for men & women... from head to toe



Summer time is a fun time for the majority of people; following our advice below will ensure that you look fabulous no matter how hot the temperature outside gets.



type of open toed sandal. If swimming in a lake or ocean it is always a good idea to wear water sandals, it will pay



For both the girls and guys always put on sunscreen when you are going to be outside for any length of time. If you are in the water make sure that you reapply frequently. For the very fair skinned it is a good idea to always have a hat or visor handy to protect your face from the sun's rays. While



sun glasses can really make a fashion statement they are also key to protecting your eyes from the sun's damaging rays... so have fun with some funky sun glasses for the summer months.



It is essential to drink lots of water during the warmer weather if you are out and about or playing any type of sport. Water is going to keep you hydrated plus it keeps the skin glowing in the warmer months... our philosophy is the more water you can drink in a day the better—drink no less than 4-8 glasses a day! To help reach that water goal, get yourself a cool reusable water bottle!



For the ladies, sandals are in this summer they are showing everything from flats, to wedges to heels so have fun this summer with a variety of different shoes. A funky pair of shoes can change the whole look of an outfit. If you are wearing any kind of open toed shoe the rule of thumb is to either get a pedicure or give yourself one. Even clear or light colored polish on your toes will give you a polished and pulled together look.



Guys make sure your tootsies are clipped and well groomed if you're going to wear any



off when they save your feet from nicks & scrapes, in addition ladies, it will keep your polish fresher longer.

Take care of your hair during the summer and you won't

have to spend the fall and winter working to repair your hair. Ladies, if you normally use hot styling tools (blow dryers, hot irons, rollers), give your hair a rest during the summer months. Air dry whenever possible or opt for easy chic styles. Braiding damp tresses will create natural waves as your hair air dries. Play with half up/half down styles or Boho side braids. Men get your hair done in a comfortable and easy-to-maintain style, but remember the key word is style, don't take the easy road with the "buzz cut"!



Breathable fabrics like linen, cotton and jersey knits are perfect for the summer months. Linen is a great fabric & they are showing it a lot this summer, don't worry about the wrinkles....that's linen!! Ladies you can dress up a casual summer outfit by accessorizing with sandals, jewelry, hats, sunglasses and scarves, don't be afraid to mix and match, the look will be a sure winner when you are done. This year rings are also in, check out your local thrift & vintage stores for some chunky, fun rings to show off your hands this summer (don't forget to get a manicure).



Guys add a stylish pair of loafers and sun glasses to a casual outfit to make it more stylish.